



**Grant County Health Department**  
**111 South Jefferson Street Floor 2**  
**Lancaster, Wisconsin 53813-1672**  
**www.co.grant.wi.gov**  
**(608) 723-6416**

**Volume XX Issue IV**

**COMMUNITY EDITION**

**April 2014**

## **How to Encourage Your Child's Speech and Language Development**

Your little one is listening to everything you say and storing it away at an incredible rate. Instead of using "baby" words, use the correct names for people, places, and things. Speak slowly and clearly, and keep it simple.

- From the day your child is born- talk, sing to your child, encourage imitation of sounds and gestures.
- Read to your child, starting as early as 6 months. You don't have to finish a whole book, but look for books that encourage kids to look while you name the pictures.
- Talk about everyday things, such as explain what you're doing as you cook a meal or clean a room, point out objects around the house. Ask questions and acknowledge your child's responses (even when they're hard to understand).

### **Should I Be Concerned?**

There is a wide range of normal, but most children:

- ☺ say several words by 15-18 months of age
- ☺ point to familiar people and some body parts by 18 months
- ☺ say 50 or more words by 2 years of age
- ☺ put two words together to form a sentence by age 2
- ☺ follow simple directions by age 2



Parents and regular caregivers should understand about half of a child's speech at 2 years. By 4 years of age, a child should be mostly understood, even by people who do not know the child. Whatever your child's age, if you have concerns about their speech or development, talk to their doctor/health care provider.

*The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.*

## Websites

- ▶ Visit the Grant County website at [www.co.grant.wi.gov](http://www.co.grant.wi.gov) for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website [www.dhfs.wisconsin.gov](http://www.dhfs.wisconsin.gov) for information on your immunizations.
- ▶ Visit [www.grantcountyhospice.com](http://www.grantcountyhospice.com) for information on the Hospice Program.
- ▶ Visit [www.safegrantcounty.org](http://www.safegrantcounty.org) for information on the S.A.F.E. Grant County Coalition.

# FOOD STAMPS GROW GARDENS!



**SNAP EBT benefits (food stamps)  
may be used to purchase  
food-producing plants and seeds.**

For info: [www.SNAPgardens.org](http://www.SNAPgardens.org) or call 888-963-SNAP  
To volunteer, visit [www.SNAPgardens.org/volunteer](http://www.SNAPgardens.org/volunteer)

**UW  
Extension**

## WIC & Health Check Clinics

*(Immunizations given at all these clinics)*

**May 1st**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**May 7th**—Late Muscoda Kratochwill Building from 2:00pm to 7:00pm

**May 13th**—Boscobel United Methodist Church from 9:30am to 3:30pm

**May 14th**—Fennimore United Methodist Church from 9:00am to 3:30pm

**May 15th**—Late Platteville Lutheran Church of Peace from 3:00pm to 7:00pm

**May 20th**—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

**May 22nd**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**May 27th**—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm



The Grant County Health Department is closed on Monday May 26th for Memorial Day.

# Be Ready for Severe Weather

The peak tornado season in Wisconsin is April to August, but tornadoes can occur anytime. Wisconsin averages 23 tornadoes per year. Last year, 16 tornadoes were reported in Wisconsin by the National Weather Service (NWS). When severe weather is possible pick a credible source of information and keep in touch with that source until the danger has past

## What to Listen For...

**Tornado Watch:** Severe thunderstorms with tornadoes are possible in your area. Remain alert for approaching storms.

**Severe Thunderstorm Watch:** Thunderstorms with large hail and damaging winds are possible.

**Tornado Warning:** A tornado has been sighted or indicated by weather radar. Move to a place of safety now!

**Severe Thunderstorm Warning:** A thunderstorm with large hail and damaging winds has been reported or indicated by weather radar. Move indoors away from windows.

## What to Do During a Tornado



If you are:	Then:
Inside (e.g. residence, school, nursing home, hospital, store)	Go to a pre-designated shelter area such as a basement. If there is no basement, go to the center of an interior room on the lowest level away from corners, windows, doors, and outside walls. Get under a sturdy table or desk and use your arms to protect your head and neck. Do not open windows.
In a trailer or mobile home	Get out immediately and go to the lowest floor of a sturdy building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes.
Outside with no shelter	Find shelter in a sturdy building. If you cannot quickly walk to shelter, get into a vehicle, buckle your seatbelt and drive to the closest sturdy shelter. If flying debris occurs while you are driving, pull over and park. Then as a last resort: <ul style="list-style-type: none"> <li>- Stay in the vehicle with the seatbelt on and place your head below the windows, or</li> <li>- If you can safely get noticeably lower than the roadway, exit the vehicle and lie in that area, covering your head with your hands. Do not seek shelter under an overpass</li> </ul>

Source: <http://ready.wi.gov>

## Can you imagine a day when antibiotics don't work anymore?

Antibiotic resistance occurs when germs outsmart drugs. In today's healthcare and community settings, we are already seeing germs stronger than the drugs we have to treat them.

So, what can we do to prevent antibiotic resistance?

Antibiotics cure bacterial infections, they will **not help** against viral infections such as colds, most coughs, or runny noses. Do not ask for antibiotics when your doctor thinks you do not need them.

### When you are prescribed an antibiotic,

- ♦Take it exactly as the doctor tells you. Take all of the medicine prescribed, even if you are feeling better. If treatment stops too soon, some bacteria may survive and re-infect you.
- ♦Make sure your children take all medication as prescribed, even if they feel better.
- ♦Throw away any leftover medication

# Meningococcal Disease is a Serious Bacterial Illness

Meningococcal disease is a leading cause of bacterial meningitis in children 2 through 18 years old in the United States. Meningitis is an infection of the covering of the brain and the spinal cord. Meningococcal disease also causes blood infections. Anyone can get meningococcal disease. But it is most common in infants less than one year of age and people 16–21 years. Children with certain medical conditions, such as lack of a spleen, have an increased risk of getting meningococcal disease. College freshmen living in dorms are also at increased risk.

Meningococcal infections can be treated with antibiotics. Still, many people who get the disease die from it, and many others are affected for life. Preventing the disease through use of vaccine is important for people at highest risk.

## Who should get meningococcal vaccine and when?

Two doses of vaccine are recommended for adolescents 11 through 18 years of age: the first dose at 11 or 12 years of age, with a booster dose at age 16.

## What are the risks from meningococcal vaccines?

A vaccine, like any medicine, could possibly cause serious problems, such as severe allergic reactions. The risk of meningococcal vaccine causing serious harm is extremely small.

## Mild problems include:

Brief fainting spells after vaccination (happen most often with teens)

Redness or pain where the shot was given, usually lasting for 1 or 2 days.

A mild fever

The vaccine is available through your doctors office. For children 18 and under with BadgerCare or no insurance coverage for vaccines, the vaccine is available free of charge at the Grant County Health Department.



Change Service Requested

Non-Profit Organization  
U.S. Postage  
PAID  
Lancaster, WI 53813  
Permit # 2

GRANT COUNTY HEALTH DEPARTMENT  
(608) 723-6416  
www.co.grant.wi.gov  
111 South Jefferson Street Floor 2  
Lancaster, WI 53813-1672